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Is John MAIO a Bodybuilder,?

Based on the available information, **John Maio is not specifically identified as a bodybuilder**. He is best known as the **owner, founder, and head trainer of New York Sport & Fitness** and serves as the **Head Strength & Conditioning Coach at Elmira College**<sup>[1][2][3][4]</sup>. His professional background focuses on **strength and conditioning coaching**, fitness training, and running fitness businesses, rather than competitive bodybuilding.

Maio holds multiple certifications related to strength and conditioning, functional strength coaching, and exercise nutrition, and his expertise is in **functional performance fitness** and preparing athletes for collegiate sports<sup>[1][3]</sup>. While he is knowledgeable about bodybuilding-style workouts and incorporates strength training into his programs, there is **no evidence in the provided sources that he competes or identifies as a bodybuilder**<sup>[5]</sup>.

His public profiles and interviews emphasize his roles as a coach, trainer, and business owner in the fitness industry, not as a bodybuilding competitor<sup>[1][6][2][3][4]</sup>.



## Is John Maio a professional bodybuilder or just a fitness trainer

John Maio is **not a professional bodybuilder**. He is recognized as a **fitness trainer, strength and conditioning coach, and the owner/founder of New York Sport & Fitness**. His credentials include being a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, as well as holding other certifications in functional strength coaching and exercise nutrition<sup>[7][8][9]</sup>.

Maio's professional background is focused on training athletes, coaching, and running fitness businesses. There is **no evidence in the available sources that he competes in professional bodybuilding competitions or identifies as a professional**

**bodybuilder.** His expertise centers on functional performance fitness, athletic preparation, and general health and fitness coaching<sup>[7][8][9]</sup>.

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1. <https://athletics.elmira.edu/staff-directory/john-maio/169>
2. [https://www.instagram.com/jmaio\\_nysf/](https://www.instagram.com/jmaio_nysf/)
3. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
4. <https://www.linkedin.com/in/john-maio-b5774849>
5. <https://www.youtube.com/watch?v=9bBftqLBSG4>
6. <https://member.afsfitness.com/content/podcast-episode-john-and-heather-maio>
7. <https://athletics.elmira.edu/staff-directory/john-maio/169>
8. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
9. <https://www.linkedin.com/in/john-maio-b5774849>